THE DRUMBEAT
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Tyler Junior College

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Mental health issues on the rise on college campuses

Photo Illustrations by Jaylynn Gray

By Kathryn Bogle

Staff Writer

Mental health is an issue that is becoming more prominent among young adults. Anxiety, depression, bipolar disorder and schizophrenia are only a few of the most severe issues. People dealing with these problems often suffer silently, refusing to seek help and often do not realize that help is available.

College students are not immune to these issues. The number of students requiring mental health services is increasing as the number of students attending college increases.

In fact, the American Psychological Association said in a 2014 study, "94% of Counseling Center Directors reported in a recent survey that the recent trend toward greater numbers of students with severe psychological problems continues to be true on their campuses." The association also explains this number increases with each national survey conducted annually. According to a 2018 report by the Association for University and College Counseling Center Directors, anxiety continues to be the most common issue among college students. This is followed by depression, stress, relationship problems, family concerns, suicidal thoughts, academic performance difficulties, sleep disturbance, loneliness, previous mental health issues and adjustment to a new environment.

Tyler Junior College is susceptible to these issues. TJC is in the heart of Smith County, a county with one of the highest suicide rates in Texas, according to UT System researchers. The study found that from 2011 to 2015, the county's suicide rate reached 17 suicides per 100,000 residents, holding the highest rate in comparison with Texas' top 25 most populous counties. Researchers also found suicide rates in Northeast Texas have been higher than those in the rest of Texas overall since 2005 and continue to rise.

With this in mind, TJC and four other community college counseling centers in Texas were examined to see how each addresses mental health on campus.

Staff Size

TJC has one Licensed Professional Counselor, Tracey Williams, who can see students. However, if Williams is unavailable when a crisis occurs, Rebecca Sanders, the director of public affairs and media relations, said "the director of disability

Counseling Continued on Page 7

TJC, UT Tyler start concurrent enrollment program

By Anna Drewett
Staff Writer

This fall, Tyler Junior College and the University of Texas at Tyler created a joint nursing program called the concurrent enrollment program. This program offers nursing students the option to enroll in TJC and UT Tyler classes, simultaneously.

In the past, students had to complete their associate degree in nursing at TJC then move on to UT Tyler in order to graduate with their Bachelor of Science in Nursing. However, this new program allows students to graduate with both certifications in two years.

"The concurrent program is an exciting, innovative program that allows highly qualified students admitted to the TJC ADN [Associate Degree in Nursing] program to complete their courses at TJC while simultaneously completing the extra hours needed to complete their BSN [Bachelor of Nursing] at UT Tyler," said Dr. Colleen Marzilli, an associate professor of nursing at UT Tyler.

According to Marzilli, the program is the brainchild of Dr. Barbara Haas. Haas has many roles at UT Tyler: a professor of nursing, an associate dean for the College of Nursing and Health Sciences, and the executive director for the School of Nursing.

"To be eligible, students must be accepted into the TJC ADN program and meet all prerequisite requirements at UT Tyler, including core completion with microbiology, nutrition, chemistry, and human growth and development. Students should also have completed or be enrolled in pathophysiology," Marzilli said.

The concurrent enrollment program is designed so students will not be overwhelmed by taking classes at two separate colleges and is structured so they do not have to take too many courses at once.

"A lot of the classes overlap, that way we don't have to be full-time students at both colleges at the same time," said Jaela Wideman, a student in the concurrent enrollment program. "I love how I'm still a TJC student, and the UT Tyler classes are online. They made it easy, so we don't have to drive back and forth."

Likewise, Aristotle Montgomery, a concurrent student at TJC, enjoys the opportunities this program offers.

"I firmly believe that the concurrent program offered by the University of Texas – Tyler has opened doors for me that were not previously given to me," Montgomery said. "Time management has been the biggest contribution to my success thus far. Knowing how to prioritize studying and avoiding procrastination will help concurrently enrolled students be successful in both programs."

For more information about the concurrent enrollment program, visit the Rogers Student Center, Room 0.020. To enroll in the program, apply to the ADN program at TJC. Students will be asked if they would like to participate in the concurrent enrollment program.

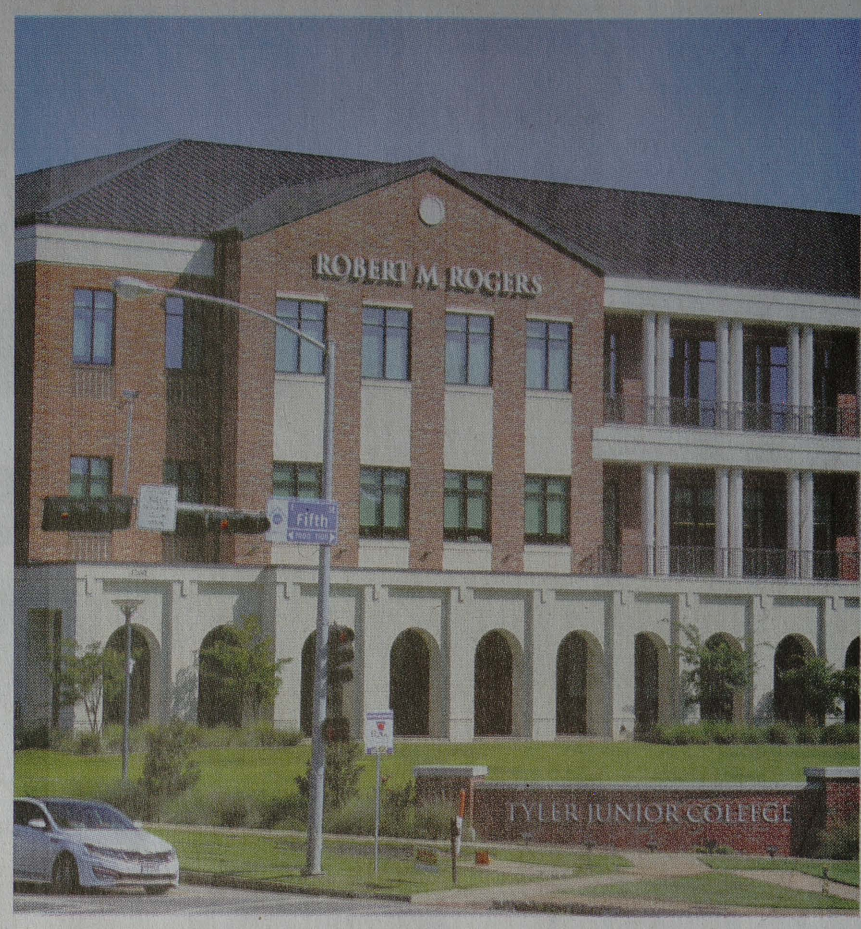


Photo By Anna Drewett
The Robert M. Rogers building is home to TJC's nursing program.

Coffee with a Cop brings TJC students, police together

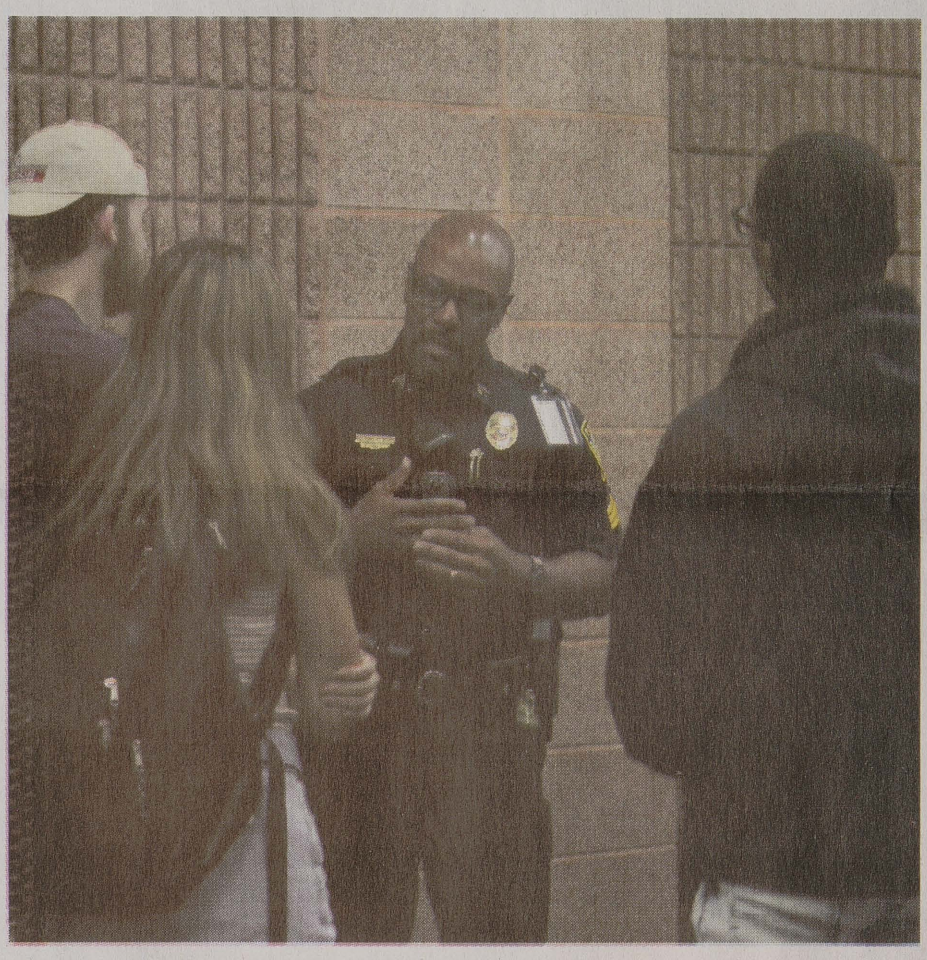


Photo By Anna Drewett
Campus Police Sergeant Jimmy Vickers-Dews explains the role of law enforcement to students in attendance.

By Anna Drewett
Staff Writer

Coffee with a Cop is a national organization that offers police departments around the U.S. a chance to reach out to their community and create a bond between citizens and officers. Michael Seale, the TJC police chief, hosted TJC's first Coffee with a Cop on Oct. 3.

The purpose of Coffee with a Cop is to start building a relationship between police officers and the community they serve.

"This event is a chance for the community to get to know the police department, its officers, and talk about anything," Seale said. "It is meant to be a relaxed environment without any agendas."

Seale said he believes in the past the TJC Police Department hasn't been involved enough with students on campus and he is trying to change that. One of the steps he is taking to counter that issue is to host this event once every semester, and possibly more often than that if they are able, he said.

During the event on Thursday, officers who were present answered students' questions, asked students about themselves, and spoke with all the students and faculty who attended. Free coffee and breakfast were also provided.

Sergeant Jimmie Vickers-Dews, who works at the campus police department, attended and answered questions from students about jobs at the department, such as the position of student cadet. Vickers-Dews said even though they aren't licensed officers, cadets are paid workers and students with any major can apply.

"There is one position open, and if you're interested you can come by and get an application," Vickers-Dews said. "We work with your schedule, and often let cadets choose what they want their schedule to look like."

Vickers-Dews also asked students if they felt safe, and if there was anything the department could do to help them feel safer.

John McCambridge, another TJC officer in attendance, also asked students questions like what their majors are and where they wanted to work. McCambridge gave advice to students who wanted to be officers in the future and spoke about the different job opportunities available to those with a degree in criminal justice.

Illustration by Katie Goggans

LGBT organization starts on campus, all students welcome

By Kathryn Bogle
Staff Writer

Kody Aitch, a TJC student senator, has started an official LGBT organization on campus. The organization is called "Pride at TJC" and is open for all students to join.

Pride at TJC's first meeting was held at 4:30 p.m. on Thursday, Oct.4, in the Jenkins Building, Room 228. Meetings will be held every Thursday at the same time.

Aitch, president of Pride at TJC, said the goal of the club is to identify any issues that members of the community may be dealing with, address them, and give support to the members, offering a safe space for anyone in the LGBT community and beyond.

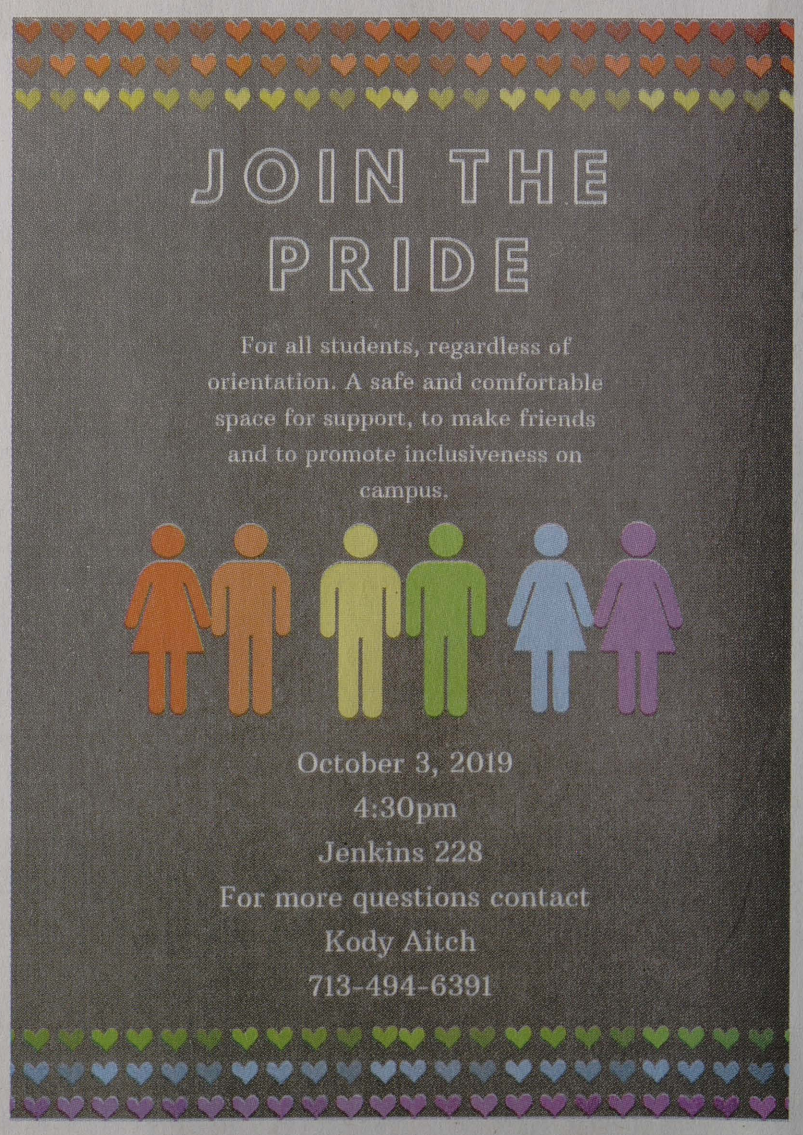
With the organization, Aitch said he hopes to "promote inclusiveness" and "bring everyone together."

Students outside of the LGBT community are also encouraged to attend, Aitch said. He hopes to "bring everyone together" into a "unified community where everyone is trying to promote equality."

At the end of each meeting, members will have the chance to write down any problems they may be having in their personal lives and put them in an "idea jar." After the meetings, a common topic will be voted on by the club's officers. Pride at TJC officers will create activities or other ways to address the topic, which will be announced at each meeting.

Aitch plans to incorporate activities such as the "open mic" session, where students are open to talk about anything they are going through. Guest speakers will also be invited to some meetings, and social events will be held.

Aitch said he hopes to encourage students to "just be you and take pride in who you are."



"a unified community where everyone is trying to promote equality."

- Kody Aitch, Pride at TJC President

Game, set, match

Student-athletes take the road to professional tennis

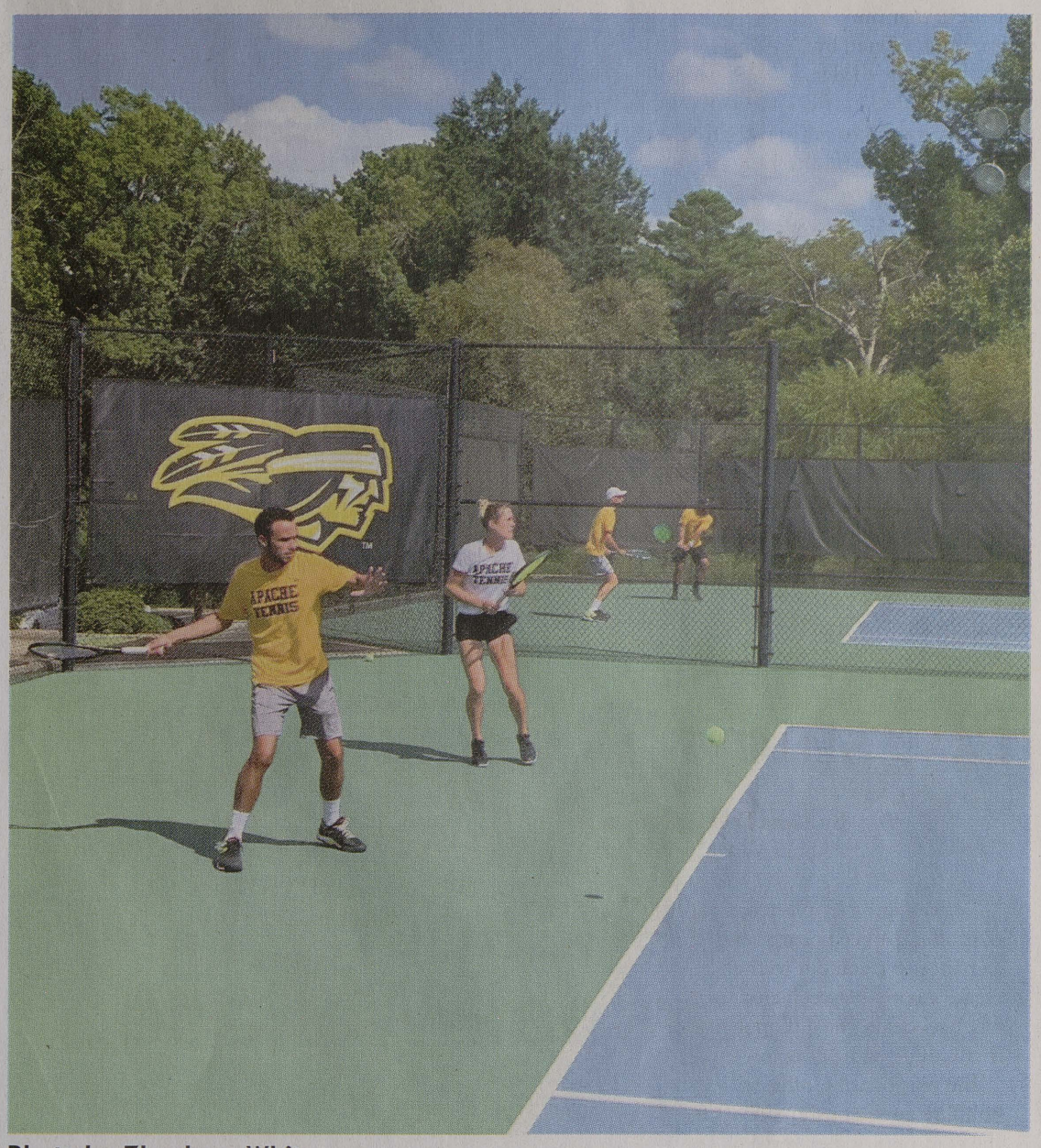


Photo by Zhaekyra White
TJC tennis players practice for an upcoming match.

2 teams

13 countries

20 players

2018
National Champions

Matthew Beecher

Alexia Tashbaeva

Julia Khamula

Luke Simkiss

Matthew Beecher is from London, England, and began playing tennis at the age of 8. He chose to move thousands of miles away from home to come to TJC because he wanted to go to a good junior college where he could continue playing. Also, he was interested in TJC because TJC is known for having one of the greatest tennis programs for junior colleges, according to ITA NJCAA Rankings. Beecher mentions how the people and the culture in Texas are completely different from how it is in London, and he likes how it has changed him.

"I think I have matured in a way. I think I've been doing stuff on my own now, which back home I wasn't doing," Beecher said. "I've been planning for myself, which is always a good thing."

His greatest challenge has been being homesick and getting used to the new surroundings. Beecher explains why he likes playing tennis at TJC and being a part of a team.

"My favorite thing is probably having that team atmosphere, which in tennis you don't really get because it's a single sport. Being involved in a team at college is amazing," Beecher said.

After graduating from TJC, he plans to attend a division I school and play tennis professionally after finishing school completely.

Alexia Tashbaeva moved to the United States from Belgium to attend TJC because she saw how she could be successful here. She mentioned how she wanted to attend TJC because it has good academic records and the tennis team is No. 1 in the United States for junior colleges, according to the Collegiate Tennis JUCO National Team Rankings. Tashbaeva explained how her hometown is different from Texas and why she likes being here.

"Everything is different — the weather, the people, the culture, and that's what I like it. Americans are more open and friendly, and it's very nice," Tashbaeva said.

She also said she likes being in Texas because of how busy she is with school and tennis practices whereas back home she took school online and was not busy at all. Tashbaeva mentions what challenges her to be the best she can on the court.

"When I'm here, I have the team and I'm not alone, so I have to be correct. Their image is there too, not only mine," Tashbaeva said.

Tashbaeva began playing tennis at age 8 and her team before won nationals in Belgium.

Her plans after TJC are to transfer to a division I university, preferably in California, and to eventually open an international business.

Julia Khamula began playing tennis at the age of 9. After high school, she decided she wanted something different for herself. This idea lead her to travel to the United States from Sydney, Australia, to play tennis and get an education at the same time. Khamula mentions how moving to Tyler has changed her life for the better.

"I think my work ethic definitely improved," Khamula said. "I am definitely studying harder, and I've gotten better at playing tennis. Everyone just motivates each other, and it's just a good environment to be in."

Her favorite thing about being a part of the team is how they all motivate one another. The coaches and her teammates are all supportive of everyone's tennis careers. Khamula said how her experience here has been great, and she is improving day by day.

She also talks about how being homesick is one of her biggest challenges, but she gets through it because the people here are extremely friendly.

After graduating from TJC, she would like to attend a four-year university to continue her studies and play tennis there, as well.

Luke Simkiss is from Birmingham, England, where he began playing tennis at age 8. He decided TJC was the best fit for him because he knew coming to America could help him be a better player in the long run. He mentions how in the United States things are different than in England from the way people are dressed to the more positive attitudes. He talks about how his life has changed since moving to Tyler.

"It's been only positive. I've won two national championships with the team since I've been here, and the coach has been unbelievable," Simkiss said.

His favorite thing about the team is that everyone is working toward something together, which is to win the championship. He brags about how lucky anyone is to be a part of the team and how the coaches and his teammates have made it a special experience for him.

Simkiss explains what challenges he has had since moving to the United States.

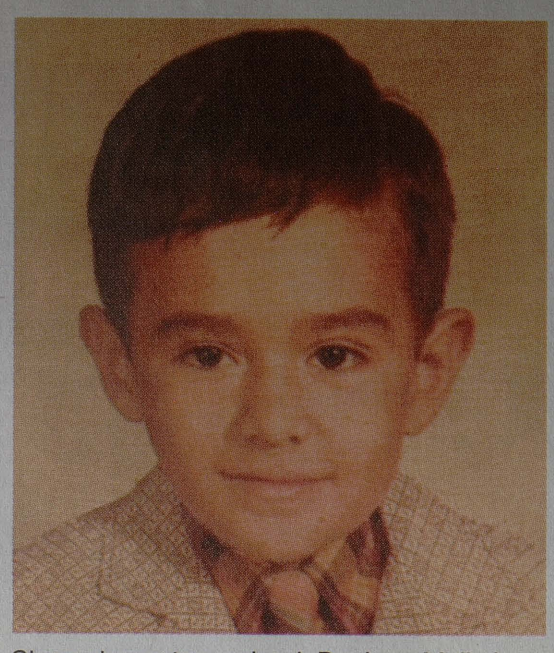
"Being away from people I care about, generally in the UK, I think has been the most difficult because you don't get to see them physically," Simkiss said. "But it's worth it when you see them in the end."

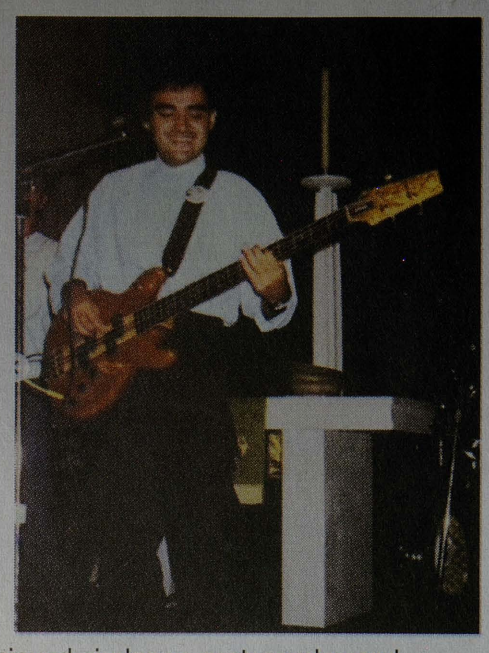
Simkiss was the house captain at his junior high school, and he won a British tournament and tournaments in Spain. He also qualified for professional tournaments a few times before. His ultimate goal is to play tennis professionally after graduating from a university.

Stories and photos by Zhaekyra White
Sports editor

TJC's seventh President Dr. Juan Mejia was inaugurated on Oct. 11 with a special ceremony in Wagstaff Gym. During the week leading up to the ceremony, TJC shared images of Mejia on social media for the campus to get to know him.

For more coverage, visit thedrumbeat.com.



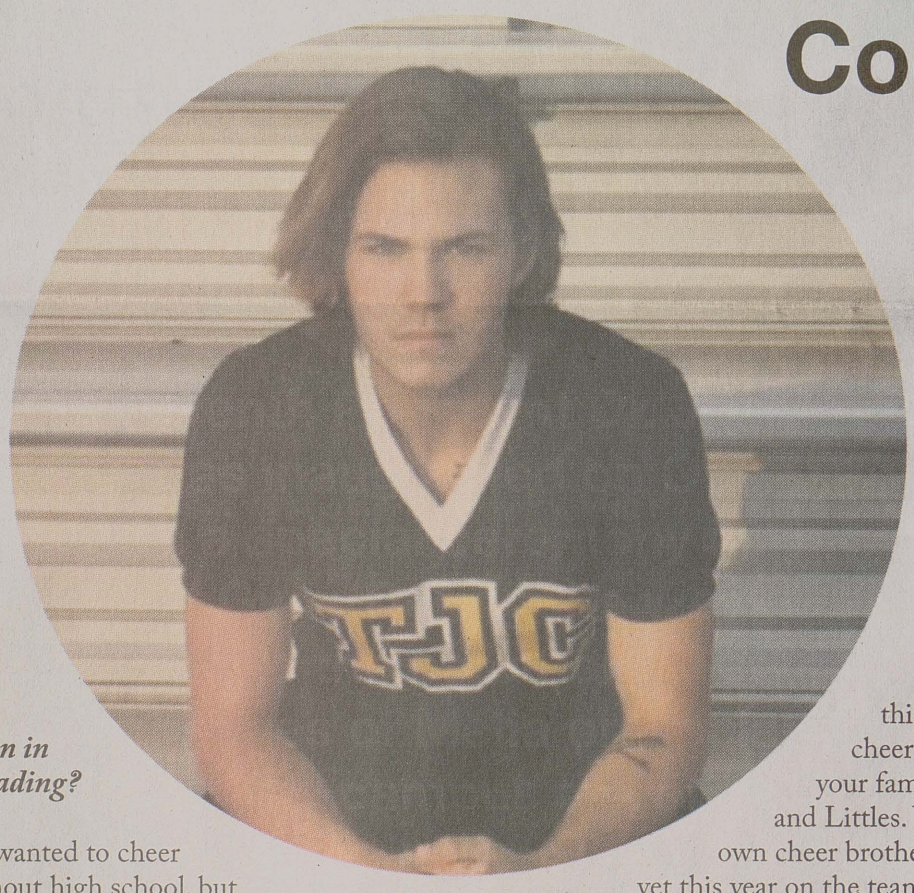


Since elementary school, Dr. Juan Mejia has enjoyed airplanes, motorcycles and music. Mejia has played trumpet, baritone, guitar, bass guitar, electric bass and was honored to serve as Drum Major at McAllen High School his junior and senior year.

Q & A

With Cheerleader, Cody Marshall Wallace

By Cecilia Kohl
Managing Editor



Q: *How long have you been in cheerleading?*

A: I wanted to cheer throughout high school, but started dancing instead for a couple of years. Then my studio and the cheer coach at my high school pushed me to cheer. So, then I started practicing at the end of my junior year and actually started cheerleading my senior year of high school on the sidelines all the way to competing at UIL.

Q: *Why did you join?*

A: I decided to join the Apache cheer team because I wanted to continue doing something that I love and to cultivate my abilities at a college level. Also, I knew it would be a great way to be involved with the school and community. This way I could not only change my life but make a huge impact on others.

Q: *What is the most memorable moment on the team?*

A: One of the best things about being on a cheer team is being part of your family and establishing Bigs and Littles. You get to have your own cheer brothers and sisters. So being a vet this year on the team, I got to create my own cheer family that's going to last a lifetime.

Q: *What is the best thing you can do in cheer?*

A: The best thing you can do in cheer is to stay confident in yourself, because it is going to get complicated and stressful. So you gotta keep in mind that you are there for a reason and that you are a valuable asset to the team.

Q: *Why did you pick TJC?*

A: I chose TJC because it is one of the best-known colleges (especially for sports) even though we may be a junior college. It is so affordable, and there are a variety of things to be a part of and opportunities to take.

Q: *How many more semesters do you have with them?*

A: Unfortunately, I have the rest of this year and maybe one more semester. But will always be an Apache at heart no matter where I go.

Q: *Are tryouts hard?*

A: Tryouts are definitely a process for sure. We do chants, cheers, running and standing tumbling. Everyone has their strong suit and things they need to work on. You just have to go in headstrong and give 110%. (A standing tuck is a big plus.)

Q: *What makes a good cheerleader?*

A: There are many aspects to a good cheerleader. You must have a great attitude and spirit. You have to be willing to push yourself harder than you ever have before and be ready to try things you thought were impossible.

Photo courtesy of Cody Marshall Wallace

HSO hosts events for Hispanic Heritage Month

Photo by Cassidy Winborn

'The Book of Life' set for 6 p.m. Oct. 15

By Cassidy Winborn
Staff Photographer

More than 80 people attended the Mexican Bingo put on by the Hispanic Student Organization on Oct. 8. This event was for Hispanic Heritage Month, "to gather all TJC students together and have a good time," said Juan Lesser, vice president of the HSO.

"It's a place where people can just get together and play bingo and lotería, which is Mexican bingo," Lesser said.

Bingo winners were awarded with prizes, such as gift baskets with snacks, games, movies and more. Refreshments and food were served throughout the event.

"HSO also hosted a dance right after bingo for students to get together and have a great time," Lesser said. They played Latino and Hispanic music with a DJ named, DJ Tambito.

Hispanic Heritage Month ends Oct 15. For its final event, HSO is showing the movie "The Book of Life" at 6 p.m. on Tuesday, Oct. 15, out on Jenkins lawn.

Review: The World of Khaos delivers scares and thrills

By Michael Bald
Entertainment Editor

With Halloween creeping around the corner, students who are not afraid of a good scare should consider the World of Khaos in Tyler.

The World of Khaos is a two-part haunted maze with amazing actors, disturbing sets and jump scares galore.

Upon pulling up to the maze, two rundown, sketchy metal warehouses stand in what seems like the middle of nowhere. This works in their favor. One building is bombarded with purple neon lights with psychotic clowns hanging around the front. These clowns never broke character when people approached. The second and biggest building looks like a set from "The Texas Chainsaw Massacre."

Once my friend and I opened the door to the second building, we were immediately tensing up with anxiety. The first room was a long dark hallway with red strobe lights, and scratched-in writings all over the wall. We also heard screams coming from the "crazy asylum patients" who were spread throughout the hallways. The atmosphere was very effective. Not only was the amazing detail in the set decorations well executed, but also the actors inhabiting the various rooms sold the show. There was not one actor who I was not scared of. Everyone on the team gave it their all and it definitely paid off because by the end of the first house we had been transformed from two brave college students to two frightened children.

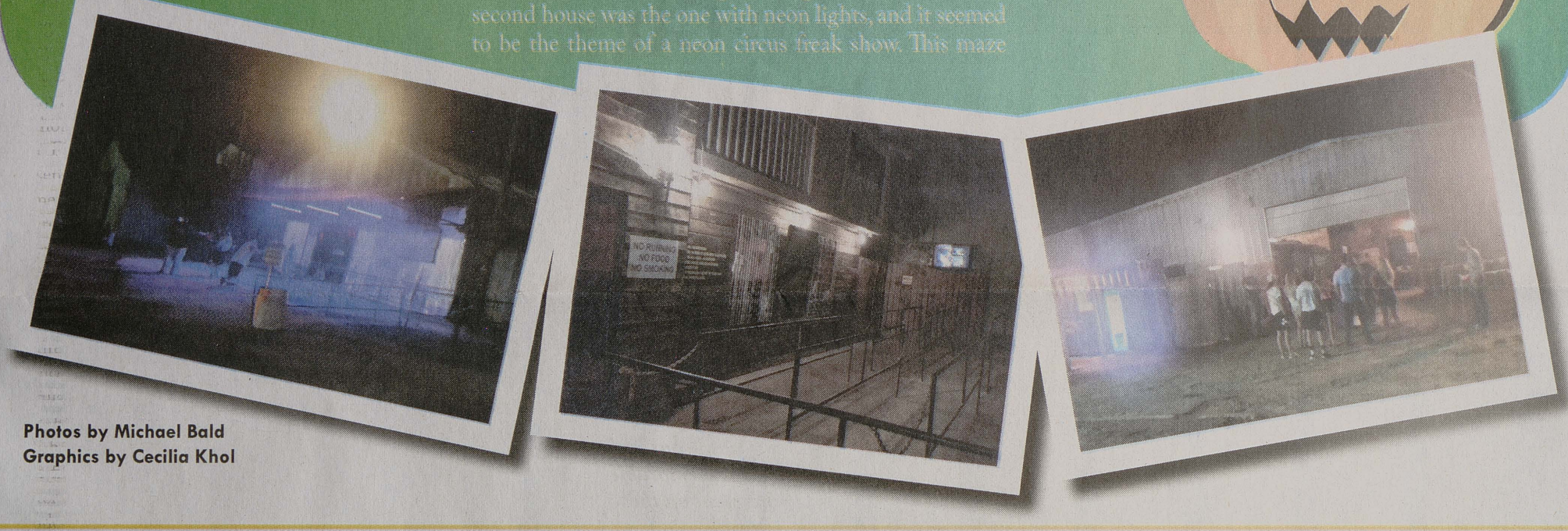
However, the night was not over yet, and we didn't realize we were able to go through both houses. The second house was the one with neon lights, and it seemed to be the theme of a neon circus freak show. This maze was much shorter, but that didn't let down on the thrill factor. In this maze, we had multiple crazy clowns with legit chainsaws chase after us. There was no chain to actually hurt anyone, of course, but it was traumatizing nonetheless.

The buildings were not just places to give you a good jump scare though. In one of the rooms, we were blocked from the door by a crazy looking man saying, "You have to sing to proceed." So my friend and I, laughing and frightened at the same time, sang to the man. After being both scared to death and embarrassed, we were allowed to continue. This was one of the various activities you can expect to experience as you go through some of the rooms.

After we went through both mazes, we were given the choice of taking pictures with some of the costumed actors. All of the employees were very nice and all seemed very into what they were doing.

This is an excellent experience for a group of people. However, if you plan to go, plan on the side of caution. If one is prone to seizures there are multiple strobe lights throughout each maze and it could also make some people nauseated.

If anyone is curious and might want to try the place out, the location is at 816 E Oakwood St. Tyler, Texas 75702. Tickets are $20 per person and VIP tickets are $25 per person. The times are from 7 p.m. to either 10:30 p.m. or midnight. As far as dates, they are somewhat scattered across October, so for more information go to worldofkhaos.com.



Photos by Michael Bald
Graphics by Cecilia Khol

Review: 'JOKER' movie exceeds expectations

By Michael Bald
Entertainment Editor

Ever since its debut at the Venice Film Festival "Joker" has been considered a modern masterpiece by many people who watched it. Many where calling it a mixture of "Taxi Driver" and "The King of Comedy," which are both movies created by filmmaker Martin Scorsese. They were also giving a lot of praise to its lead, Joaquin Phoenix, saying it's possibly one of the most unsettling performances given by an actor in years. With all of these thoughts in mind entering the theater, I had some high hopes. I walked out with my expectations not met, but surpassed.

This movie is marvelous. When it comes to films and the way they tell stories, this is everything a film lover could hope for. Phoenix is mesmerizing in the role of Arthur Fleck, a very troubled man who is struggling to make sense of his life that eventually leads him to a path of crime. Though his character is awkward in his social interactions and time spent by himself, you can't help but feel sorry for this man who's just being beaten down by society every day. There is an Oscar buzz going around for his performance and it's totally warranted. Phoenix consumes the screen whenever he's on it, which is luckily the entire movie

Since this film was based on the legendary comic book villain a lot of people were hoping for the moment Arthur Fleck transforms into the Joker to be a great feeling, but it wasn't a change the audience wants to root for. The filmmakers wisely made the decision to make the character not necessarily likable but understandable. One can understand why the Joker makes the decisions he does but the film doesn't glorify his decisions. When one watches his character arch throughout the movie, there is a sense of dread because you don't really want him to break mentally. This decision, however, makes this an excellent character study and cautionary tale.

The other great aspect of the film is its pacing. This is definitely a slow burning movie but it's never boring. Watching Arthur Fleck from where he was in the beginning to where he ends up is a complete 180 transformation.

Throughout the movie, one can tell this man is just like a ticking time bomb, and when the boom explodes, no one will be safe.

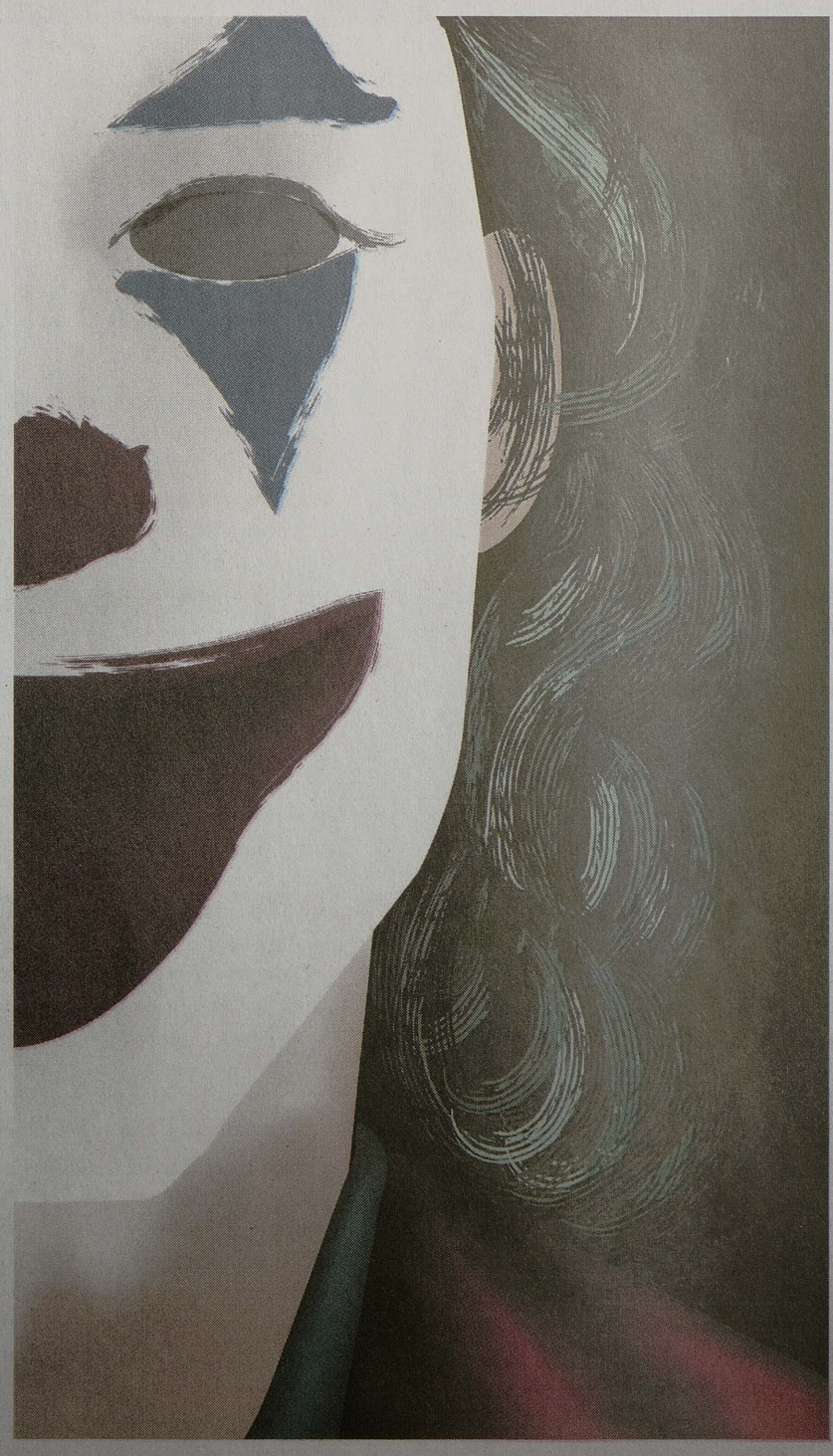
Todd Phillips, the director, also deserves a lot of praise. This is an amazingly shot and told story. This is by far his best film to date and that was my biggest concern going in. If the Joker was going to get his own feature film, it needed to be a very character-driven movie. The fact that Phillips' most character-driven film prior to this was "The Hangover" movie raised huge concerns. Not to disrespect that film, but it's not a high art film. However, Phillips has proven himself to be a director with amazing talent, and I can't wait to see his next project.

Another amazing aspect is the cinematography. The color pallets and framing of this film really get one into the tone of this depiction of Gotham City. Though this film has a dirty and cold exterior, it does have a solid heart at its core.

As far as negatives go, I have only minor nitpicks. If anyone has seen the film "Taxi Driver," they will know that a lot of "Joker" takes inspiration from that — at times a little too much. Sure, all stories borrow from other stories, and it's not to say that this movie isn't its own thing, but one can easily see that "Joker" has kind of blueprint layout of that movie. There is also a song choice toward the beginning of the third act that I felt was a little cheesy. It was kind of a bigger moment in his transformation and it took me out of the moment a little.

Another issue is a first-viewing problem. There is a certain side-plot involving a character, and as far as a narrative, I wasn't sure where it was going, which isn't necessarily a bad thing for movie to do but it felt like it was pushing on the breaks a little. However, once it is revealed why that storyline was included and as revelations begin to unfold, it added a lot more to Arthur Fleck's character and the story as a whole.

Other than that, this is a solid film with a relevant message in today's day and age. There is a massive controversy surrounding the film and its depiction of violence and mental illness. To me, the controversy is really blown out of proportion. Many comic book films, such as "Logan" or "Deadpool," were much more gruesome than this. However, this movie can make someone think of the thoughts going on in individuals they sit next to in class, walk past on the street or see eating in a restaurant. Who knows, all it can take is one bad day.



Graphic by Cecilia Khol

TJC fighting climate change

Staff Editorial

With the international climate strike gripping the attention of citizens across the globe, The DrumBeat investigated Tyler Junior College's efforts in combating climate change and the college's sustainability efforts.

The end result left us surprised. From a separated campus, to student efforts and finally to administrative decisions regarding expenditures, we found that the campus is ahead of the curve regarding the issue of climate change and sustainability.

On the TJC West Campus, the school has implemented some noticeable green energy changes. For example, this campus location is home to both solar panels and electric car charging stations.

David Briscoe, professor of automotive technology, mentioned how the implementation did not come forward due to political motivations. Briscoe explained the electric car stations are being implemented in large part to the marketplace competition revolving around green energy.

Briscoe said the school implemented green energy to prepare its students for a future industry that is sure to boom. This can be directly correlated to the implementations going on throughout much of Europe regarding the use of electric cars. For example, Germany's leaders are mandating that all new cars within the country be electric by 2030.

For students to have access to this type of groundbreaking technology, especially when an entire continent is straying away from the internal combustion engine, the opportunity is awesome.

Alongside this great student opportunity comes a committee dedicated to cleaning up the campus directly.

Megan Oswald, public relations officer for the Student Senate, coordinates the Keep TJC Beautiful committee, one of the college's more contemporary committees. The goal is simple, recycle everything that can be recycled around campus.

The committees effort to pick up recyclables across campus comes to great success, and they average collecting five or six 50-gallon bins filled with recyclable goods at each event. Given that this occurs on a bi-weekly basis, this effort has been the pinnacle of allowing students to coordinate with one another to push ideals of sustainability.

Finally, we analyzed the TJC photocopy budget, essentially the amount of money we spend on paper annually. The school has noted that it is making efforts to cut down on this specific part of the budget year to year, but problematic variables may make the efforts seem minimal.

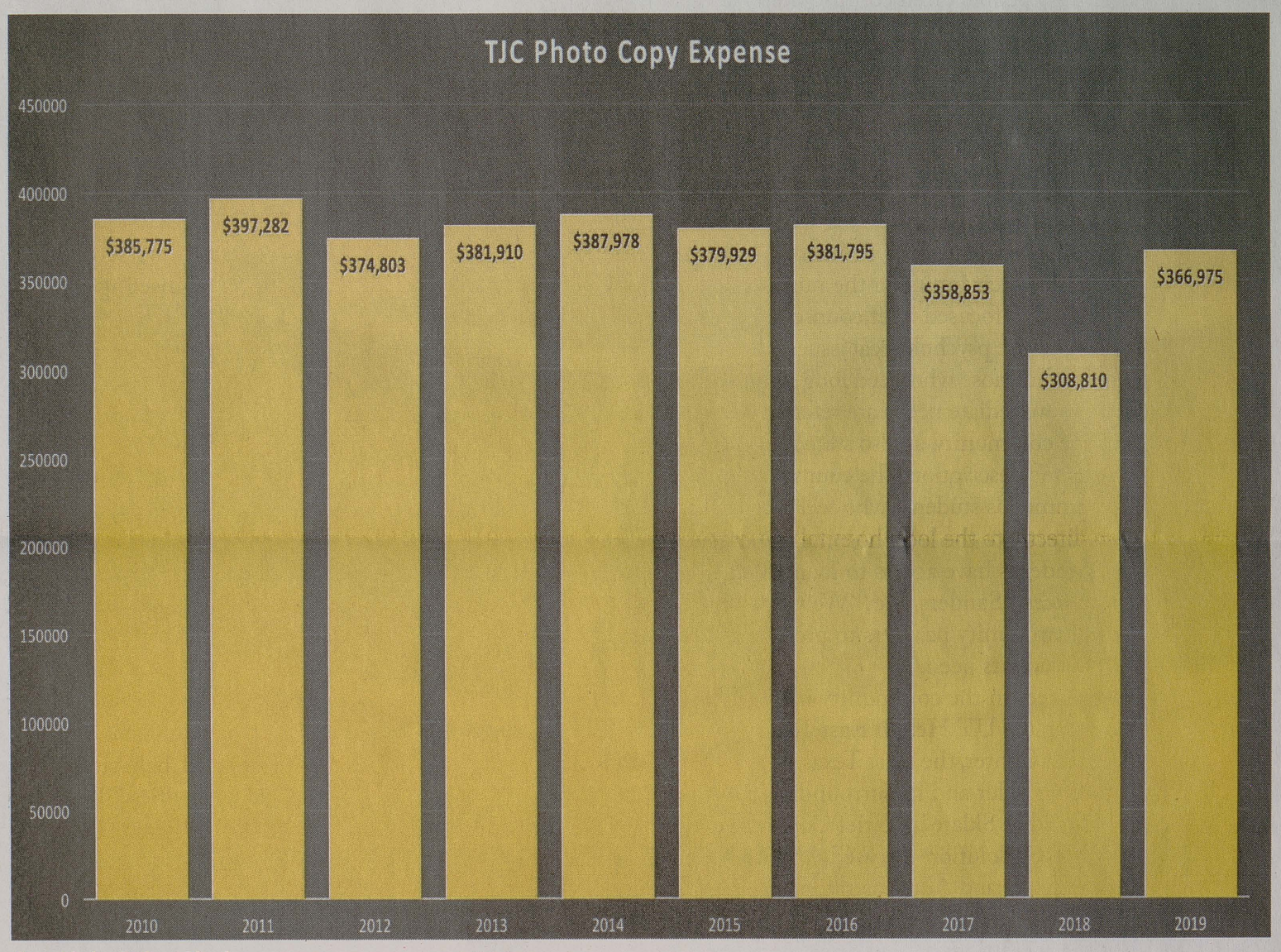
For instance, comparing the 2011 budget with the 2019 one, we can see these changes coming into effect quite clearly. Previously in 2011, the school enrolled 11,881 students. That year the photocopy budget peaked at $397,282.

Looking at this year, TJC broke the student enrollment record again, this time reaching 12,585 students. For 2019, the school spent $366,975 within the photo copy budget— about $30,300 less.

If you refer to our graph for a year-to-year breakdown on the photocopy budget, at times a previous year will have spent far less than the year following it.

Over the course of the last nine years, TJC has managed to cut down the paper budget. Some years do see spikes in spending, but these can be explained away due to enrollment surges.

As a whole, TJC has performed admirably around the subject of climate change and sustainability. It is the first step of many to come as we venture forward with green technology.



Graphic by Robert Naylor
Data gathered from Carol Hutson, director of accounting services.

Column: Four strategies to alleviate daily stress on a college campus

By Elizabeth Mansker
Staff Writer

Stress is the body's way of protecting itself from what it considers a threat, even if that threat is imaginary, the body still goes into fight-or-flight mode, according to helpguide.org. With college comes stress either from the teachers, learning to be adults, trying to find parking, upcoming midterms or the starting of a mini-semester, all of this is perfectly normal for a college student to be stressing about. Here are four ideas that may help you better handle stress.

1. Take a step back.

Try to relax. Everything will be OK if you take a 10-minute break to quite your mind. When quieting the mind, try to listen to music on a low volume because you're trying to calm the mind down not amp yourself up. Or sit somewhere completely quiet and close your eyes for a few minutes.

2. Make time for yourself.

If you are stressed 24/7 then your work will show it. To help this, slow down and make time for yourself. Take a weekend off, or at the very least, a couple of hours off. Hanging out with friends, seeing a movie, driving around town and listening to music, or taking a nap can help let your mind completely rest.

3. Change your study habits.

Try to study for 30 minutes to one hour at a time, and try to keep your phone out of sight that way you're not tempted to look at it. If possible, try doing the subject you dislike the most first and save the one you like the best for last. Also, it is OK to ask for help. At TJC the Apache Tutoring Center offers tutoring in a variety of subjects, and is located on the second floor of the Vaughn Library.

Try eating a snack while you're studying to help feed your brain, and if you can try to keep the caffeine intake low. "Limit alcohol and caffeine. Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water," according to the Anxiety and Depression Association of America website.

4. Be OK with stress.

It is OK not to be OK. This is one of the hardest things to accept. There are always counselors who are willing to talk about how stressful something is to you. Whether it is the campus counselor or an off-campus one, counselors can help you through stress and teach you ways to better deal with it. It is OK not to know what to do. Just remember there is nothing that is ever more important than your well-being.

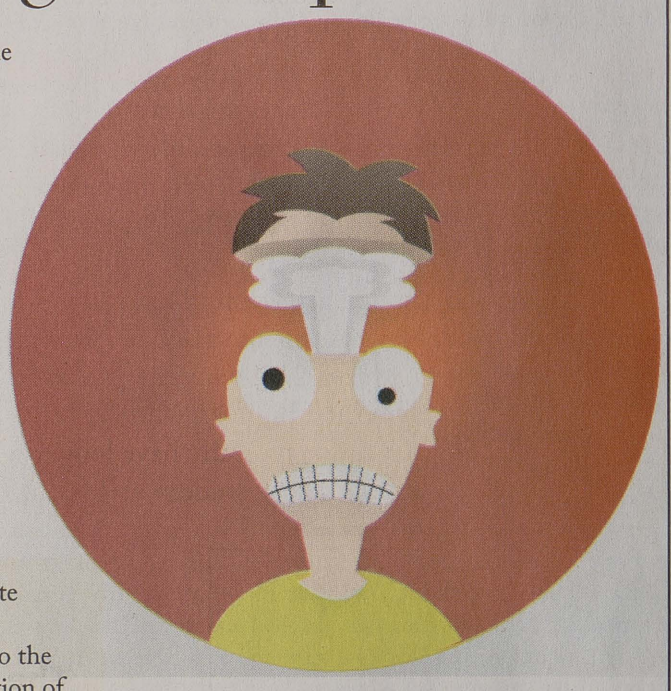


Illustration By Ashlen Court

These ideas are here to serve as starting points to help you figure out what works and what does not. The main thing to take away from all this information is you're the one who's in control; no one can tell you what to be stressed about. It is in your control to get help when you're having trouble. Here are some resources that can help: tjc.edu/counseling, adaa.org/tips-manage-anxiety-and-stress and tjc.edu/info/20044/tutoring.

THE DRUMBEAT
Student media since 1927
Tyler Junior College

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Share it with us by writing a guest column or a letter to the editor.

Letters should be emailed to: news@thedrumbeat.com or brought to Jenkins 1114 B.

Column: I got a ticket for parking in the student parking lot

By Celeste Gibson
News Editor

Not to be dramatic but getting a parking ticket for parking in student parking is probably the worst way to waste the time of everyone involved. Students who live on campus should be allowed to park in student parking on campus. While I understand that off-campus students need parking, so do students who live at the dorms.

It was a lovely Friday morning when I decided to head to the library to accomplish my goals of being productive, turning in my assignments and making my parents proud. After completing my goals, I was overcome with an intense desire to go out into the world and accomplish something; a bird pooped on my car? That car is getting cleaned! My friends want to binge-watch season one of a show we both loved? Bring on the popcorn! But, as I got into my car, which was parked in the student parking lot beside Rogers Student Center, I noticed a dreaded yellow slip placed neatly beneath the windshield wipers.

Written on that little note were the words "NOT RESIDENT PARKING." I could only stare from the parking ticket to the student parking pass that had been carefully placed on the bottom left corner of my rear window. I am a student in student parking, what exactly is the problem? When I called the campus police to ask as to why I deserved a ticket of such minuscule pettiness, the lady (who did not give me her name) told me resident students were not allowed to park on campus because these spots were reserved for students who lived off-campus.

Now, I know that parking is a major problem at TJC and maybe I am acting spoiled or petty. I live at Ornelas, where it a fair distance from the main buildings, so when I get to school really early or late, I try my luck in finding a parking spot. I guess as the battle of space is expected to continue until construction is over, campus police are desperate to gain as many new spots as possible. Often during the week, every spot is full and desperate cars line the street. It is just frustrating to have a parking pass and if there is inclement weather, if I wasn't feeling well or if I didn't feel safe walking back to my dorm, I couldn't drive and park somewhere closer on campus because off-campus students take precedence over me.

If a student who lives on campus decides to park on campus, I don't believe campus police should give them a ticket. Where are students who live on campus supposed to park? By the dorms only?

Counseling: Community colleges unequipped to manage severe psychological diagnosis

From Page 1

services is a licensed counselor and can assist." Sanders added the college also has "certified peace officers as part of campus police who are trained in mental health screening and crisis protocols."

This year, TJC has reached a record enrollment of 12,585 students. However, this is split among four campus locations and online students, as well as those attending on the main campus. Sanders said TJC's main on-campus enrollment is 8,298.

"The other locations are considered branches of our main campus. Branches do not offer the same services as the main campus," Sanders said. Only the main campus offers counseling services.

Out of 100 TJC students polled, 75% of students were aware of counseling services offered on campus, but 25% were not.

Similar to TJC, Del Mar and Amarillo College have enrollment sizes of more than 12,000 students. However, Del Mar has two LPCs, one LPC intern, one part-time LPC intern and two graduate student trainees on staff, according to Johanna Torres, an LPC on staff at the college. Amarillo College has one full-time LPC and one part-time intern, said Amber White, an LPC at the college.

With a lower enrollment of approximately 5,000 students, Kilgore College has three LPC's on staff, according to Pam Gatton, a counselor at the college. She said two of them take on most of the workload, while the third is available for any students who the first two are unable to see.

Navarro College has one LPC for 8,000 students with a backup on staff for crisis services, as stated by Philip Johnson, the director of Disability Services at Navarro College.

Community College	Estimated Enrollment Numbers (Fall 2019)	Number of Counselors
Tyler Junior College	12,500	1
Del Mar College	12,000	4 (plus 2 graduate students)
Amarillo College	12,000	2
Navarro College	8,000	1
Kilgore College	5,000	3

Graphic by Kathryn Bogle
Four community colleges were surveyed comparing their estimated enrollment numbers to their number of on-campus counselors.

Accreditation

The International Association of Counseling Services, a voluntary accreditation association for colleges, recommends the staff-to-student ratio be as close as it can to one counselor per 1,000-1,500 students. Since TJC's main campus enrollment is 8,298, TJC's staff-to-student ratio is 1-to-8,298.

While TJC's counseling center is not accredited by IACS, the organization accredits numerous colleges and university counseling clinics throughout the world, including larger institutions in Texas, such as Texas State University, the University of Texas in San Antonio and Rice University. They offer accreditation for community colleges as well, as reported by Nancy E . Roncketti, the executive director of IACS.

"This has been a recent change at IACS and right now we have one community college going through its evaluation for accreditation process," Roncketti said.

TJC's academic accreditation is through the Southern Association of Colleges and Schools Commission on Colleges. The only specifically stated accreditation standards for counseling services from the 2018 Edition of the Principles of Accreditation: Foundation for Quality Enhancement reads: "The institution ensures an adequate number of academic and student support services staff with appropriate education or experience in student support service areas to accomplish the mission of the institution."

Types of Services

At TJC there is a Counseling Services center that provides "brief, solution-focused counseling for students who are facing personal difficulties that have become a barrier to academic success," as stated on the TJC website's description.

Many people often confuse the type of services that TJC offers in comparison to those offered at outside counseling organizations. A report by May Sobhy and Marion Cavallaro titled "Solution-Focused Brief Counseling in Schools: Theoretical Perspectives and Case Application to an Elementary School Student" defines brief solution-focused counseling in agency settings as "valued because of the demands of managed health care and their limits on the number of sessions."

Solution-focused brief counseling does not cover more severe psychological issues students may have, and those who need long-term care or have more immediate needs are referred to the services in the community, as also stated on the TJC website's description. The counseling services center recommends students who feel they are "in crisis" to go directly to the local hospitals' emergency rooms.

"Students have access to many counselors and resources," Sanders said. "We work together with our community partners to provide the services that students need."

Services in the community include the Andrews Center, the UT Health East Texas Behavioral Health Center, the East Texas Crisis Center, and more in Tyler and its surrounding communities.

Gerald B. Sklare in "Brief Counseling That Works: A Solution-Focused Approach for School Counselors and Administrators" explains "the use of SFBC [solution-focused brief counseling] is valuable in school settings as well since school counselors are responsible for large caseloads of students and rarely see students for long-term counseling."

TJC students can schedule appointments with Williams. Based on the appointment request form on the TJC website, students can select a time from 9 to 11 a.m. or 1 to 3 p.m. Monday through Friday. In the 16-week semesters, there is a six-session limit for enrolled students seeking counseling.

According to IACS, "Since the standard ratio of mental health professionals to students is 1 to 1,000-1,500, a counseling center with a higher ratio is legally vulnerable. That vulnerability increases as the center's ratio increases." An example given by IACS states if a student needing mental health attention were to be put on a waiting list ended up harming themselves or others, and it was found out that they did not receive the services needed in a timely manner, the institution would likely be at a higher legal risk. Institutions with higher ratios typically have longer wait times.

Ryan Brown, a student at TJC, said his experiences with counseling services have been "very professional" and that it "took a week to get the first session."

Most of the colleges surveyed offer similar types of services as TJC with links to the local community partners, as well.

Del Mar offers community outreach with a referral list that updates every semester. This community college is equal in enrollment to TJC and offers a wider range of counseling services, such as group therapy, couples counseling and crisis debriefing.

Kilgore College offers the same brief short-term counseling as TJC does. They also offer community outreach to students who need longer-term care.

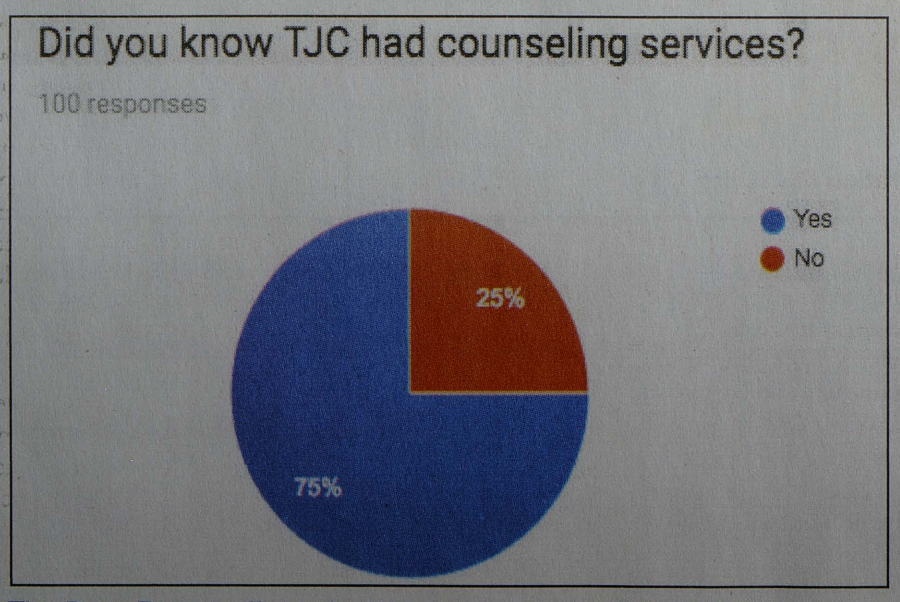
Philip Johnson, the director of Disability Services at Navarro College, said the institution offers counseling services with LPC Leanne Leonard. The type of services offered are short-term, crisis counseling, short-term counseling, group counseling, and mental health and medication referrals, as noted on the Navarro College website. They offer links to the community, as well.

Amarillo College's website states their counseling center helps "students to identify and deal more effectively with their psychological, behavioral, interpersonal and situational difficulties." They offer community referrals if the issues students bring to them are "outside the scope" of their counselors.

Available Help

It is evident that community colleges offer counseling services, but the types and methods of each vary. The National Council on Disability conducted a Mental Health Report in 2017, which explained, "the growth in the number of students needing mental health services highlights weaknesses in current services and supports offered by colleges." The lack of funding for such services also contributes greatly to these weaknesses in the types of services offered at community colleges, according to the report.

Mental health problems can affect anyone, but college students face unique situations that can lead to mental health issues in various forms. For many, college may be the first time they leave home and experience a new environment. For others, learning to manage the stress of classes can be overwhelming. And for most, the balance between school, work and life may pose a challenge. Students do not have to suffer in silence. Help is available.



The DrumBeat staff conducted a survey by polling 100 students on campus at random.

Outside Services:

The Andrews Center: 903-597-1351

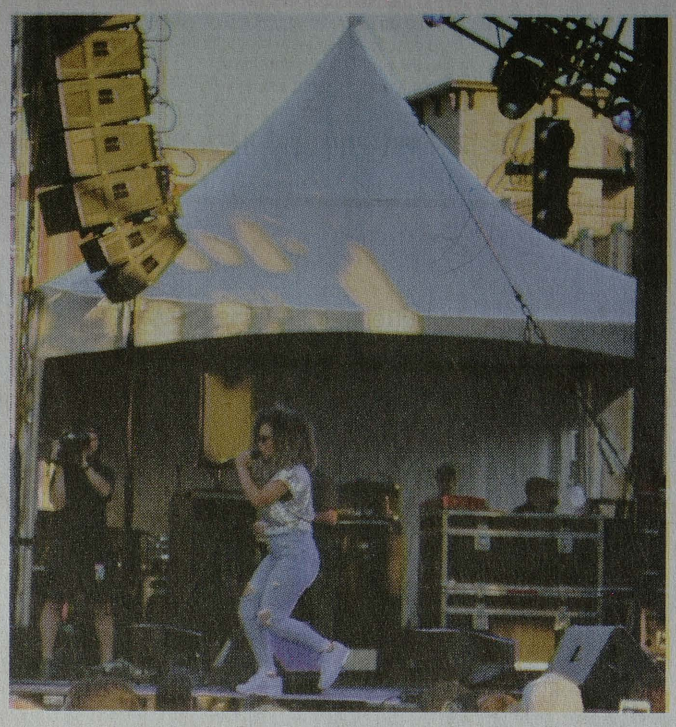
UT Health East Texas Behavioral Center: 903-266-2200

East Texas Crisis Center: 903-595-5591

Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Crisis/Depression Textline: – text "GO" to 741-741

Family centers set up inflatable slides to keep the kids smiling throughout the day.



Musician Blanca performed live to fill the festival air with positive vibes.

The Christian event offered many times for prayer and worship services.

CITYFEST

Photos by Michael King

Event brings hundreds to downtown Tyler

By Viviana Faz
Social media editor

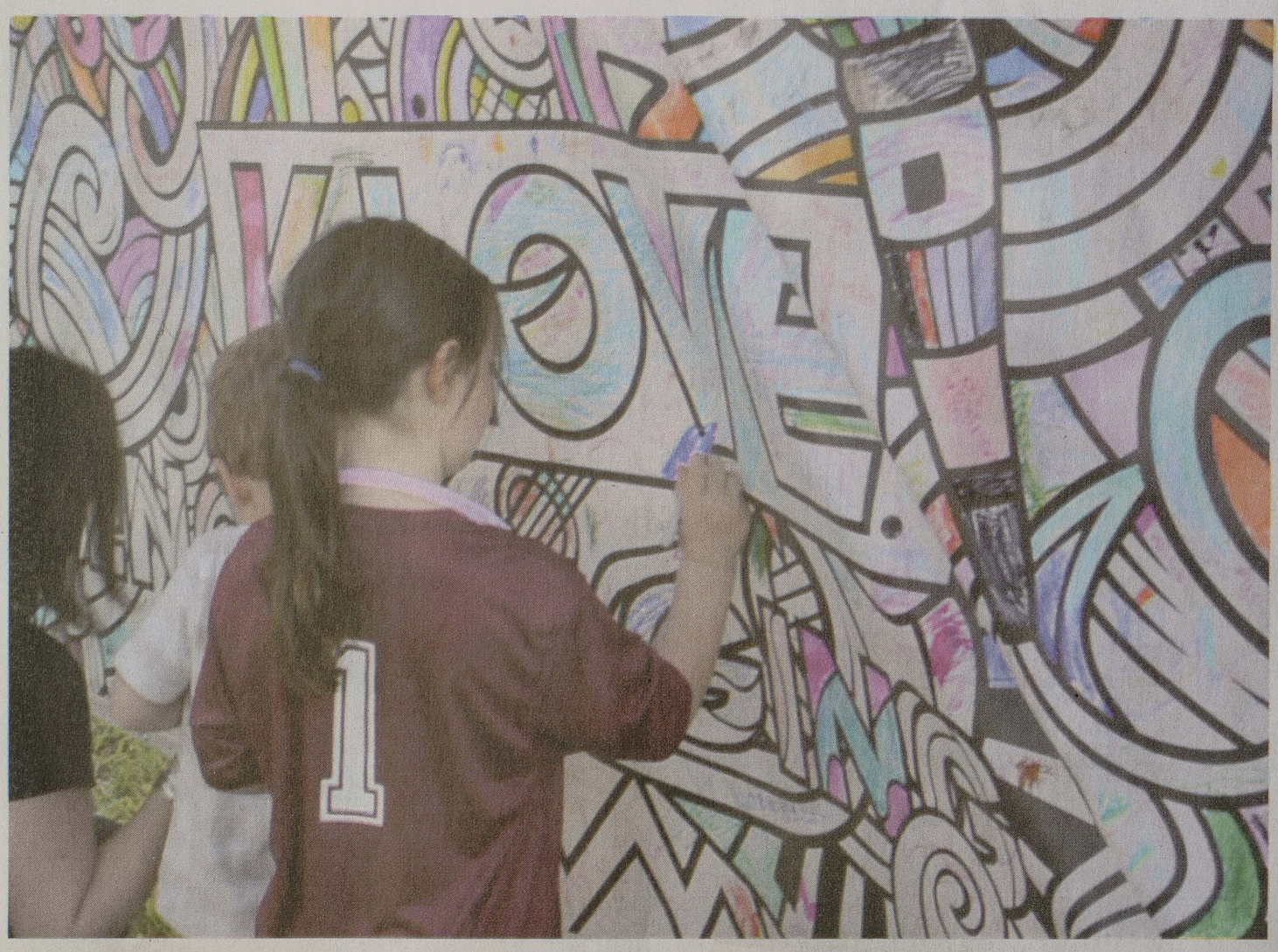
CityFest East Texas festival was a free event that featured music performances, an action sport demo, food trucks and vendors. The event also had a family fun zone so kids could join the fun, too. This two-day event was from Oct. 5-6 at the Square in downtown Tyler.

Some of the artists were Ryan Stevenson, Blanca, Newsboys United, Andrew Palau, Pat Barrett, Marisol, Neal McCoy, Lecrae and Andrew Palau.

This event was covered by 400 church and organizations to make this event free, according to cityfest.org. According to the festival site, this event was to show the unity of Jesus Christ on a large scale.

Food trucks line the street for cityfest festival.

The event was held at the Square in downtown Tyler.



Kids interacted with a wide variety of booths and activities during the event, such as a coloring wall.

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